



# Wahnapitae First Nation Community Newsletter

**Waabgonii  
Giizis  
Blossom Moon  
August 2014**



The only way of finding the limits of the possible is by going beyond them into the impossible.



# Chief & Council Corner

## Aanni Members

For many, the summer is a relaxing time. A time to enjoy the outdoors with our families...and to canoe down the north Wahnapiitae River...great team spirit guys!

Your Council has been busy this summer with finalizing the many policies, budgets and Audit to help our community grow, while attempting to be fair to everyone. In the coming months we will bring our 2013-2014 financial audit to members. The policies and procedures adopted by Council and worked on by staff, as reflected by the financial Audit, have placed our community in a better financial picture than in previous years. We continue to finalize the Housing, Governance, Campground, Human Resource policies to name a few. Having these policies will strengthen our goal to keep within budget forecasts, all while growing our services to members. In the coming months, we hope to continue to provide updates on our progress. We hope that you have a safe and enjoyable summer!

Miigwetch  
Hans Matthews  
Councillor

Office closures  
August 4th 2014 civic holiday  
September 1st 2014 labor day

**Next Chief and Council  
meeting is scheduled  
for Tuesday Aug 19th,  
2014 at 5:00 PM**

Reminder to members: submissions to Chief and Council are to be made no later than **Aug 25th @ 4PM**, Miigwetch for your cooperation. - WFN Administration



**FIRE RISK**

**MESSAGE FROM THE  
FIRE HALL**

SPRING HAS FINALLY ARRIVED AND SUMMER IS HERE WITH FIRE HAZARDS. THE FIRE DEPARTMENT IS ASKING ALL PERSONS TO BE CAREFULL WITH THEIR FIRES. THE FIRE HAZARD WARNING SIGN IS KEPT UP TO DATE ALL SUMMER AND WE ASK YOU PAY ATTENTION TO THE WARNING BEFORE LIGHTING A FIRE. IF YOU ARE NOT SURE PLEASE CALL NOLAN ROQUE/FIRE CHIEF FOR FIRE INFORMATION. 705-858-5377. HAVE A GREAT SUMMER AND DON'T LET IT BE SPOILED BY A FIRE OUT OF CONTROL.

NOLAN ROQUE/FIRE CHIEF



## **STUDENT ALLOWANCE MESSAGE:**

Parents of students attending elementary and secondary schools please visit Leila Roque or Melanie Anwhatin to complete the student allowance form by August 15th. Cheques will be processed August 21st.



## Wahnapiatae First Nation

My name is Alya Russell and I am from Cambridge, Ontario. I will be the cultural programming assistant, and helping out with the Tracks Youth program. I am beyond excited to be apart of this team and make a difference in the community.

I'm very eager to help plan activities and fundraisers for the community and help bring people together, as well as help the kids. As many people have said before I am always willing to hear the ideas and suggestions you have.

I have just finished my third year of high school at Galt Collegiate Institute in Cambridge. I work at a farm when needed tending to goats, sheep, cows, and chickens! I am also a lifeguard and teach swimming lessons for the city of Cambridge.

Feel free to contact me,  
Alya Russell  
(705) 858-0610 Ext 209  
cultural@wahnapiataefn.com



## Donations made towards our 19th

- June 50/50 ticket fundraising winner was **NORMAN RECOLLET** who most graciously donated his winnings back to the powwow fundraising dollars.
- Daily Cash Calendar fundraising winner for July 6th was **HANS MATTHEWS** who donated his winnings back to the powwow fundraising dollars.
- Daily Cash Calendar fundraising winner for July 12th was **PETER RECOLET** who donated his winnings back to the powwow fundraising dollars.
- Open House Golf Challenge winner, **DOUG CONROY**, donated his Kicx for Kids concert ticket back to WFN and requested it be raffled off or sold to the highest bidder for powwow fundraising.

# CHI-MIIGWETCH!



# Mnoomni Giizis—Wild Rice

## Cultural Activities and Events for August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Name- Giizhgad	Shkwaa- Name- Giizhgad	Niizh Giizhgad	Zozep Giizhgad	Spinganwan	Jiibaatoo Giizhgad	Maanii Giizhgad
					1	2
3	4	5 Beading & Sewing Night	6 Beading & Sewing Night	7 DayCamp Med- icine Pouch Making Workshop	8	9 sun 6am rise ceremony— opening of the powwow grounds with Mary Elliot
10	11	12 Beading & Sewing Night	13 Beading & Sewing Night	14	15	16 <b>19th Annual Traditional Powwow</b>
17 <b>19th Annual Traditional Powwow</b>	18	19 Beading & Sewing Night	20 Beading & Sewing Night	21	22	23
24	25	26 Beading & Sewing Night	27 Beading & Sewing Night	28	29	30

If you see an event that you are interested in attending please register with Liz Eshkibok by calling 705-858-0610 ext. 209 or emailing [cultural@wahnapietefn.com](mailto:cultural@wahnapietefn.com)



Traditional Powwows and Competition Powwows for our region can be found online at <http://issuu.com/anishinabeknews/docs/2014pwguideweb>  
Or by searching ISSU-2014 Great Lakes Powwow Guide online

# Bamaa Pii Miinwaa Giigaawaubmin



I have enjoyed my summer term here in Wahnapiatae First Nation as the Cultural Coordinator. It was nice meeting everyone and I felt very welcomed here in your community.

While here, I organized a hand drum birthing ceremony and was proud to see youth attend. These youth had a chance to listen to the teachings on the hand drum and ask questions for further explanations.

We also had Beading/Sewing Nights open to all who wanted to begin a new set or work on a current set of beadwork as well as regalia. Held every Tuesday and Wednesday evenings and will continue into the end of August.

This year was the 3rd Annual Earth Medicine Camp and I was asked to be on site to assist with teaching lodge building, sweat lodge building, and to hear the teachings and identifications of traditional medicines. Lots of knowledge was shared with the community of Wahnapiatae and I was glad to see that and be a part of it.

Also, for those that are interested, there will be a workshop geared towards youth titled Kizhay Anishinaabe Niin (I am a kind man) sometime in August 2014 at the Maan Doosh Gamig. This workshop will be delivered by Rick Dokis. It focuses on abuse, equality, and traditional values, healthy lifestyles, and using the seven grandfathers in our daily living. We will be forwarding flyers to community members once plans have been finalized.

This year's theme for the 19th Annual Traditional Pow Wow is Honouring Our Sacred Medicines. Host drum is Black Bull Moose Singers, co-host is Shadaaki, and special invited drum is Young Biisina. Head Dancers are Geronimo Tootoosis and Debbie Plain-McGregor. Head Elder Mary Elliot, master of ceremonies Gerard Sagassige, and co-master of ceremonies Stefanie Recollet invite your whole family to enjoy authentic native food, crafts, drumming, and dancing at Wahnapiatae First Nation. We look forward to sharing this day with you.

In closing, I would like to say that I really have enjoyed my time here working with your community and I wish you all the best in your future endeavors.

*Nahow, Baamaa Pii Miinwaa ...*

# Wahnapiatae First Nation 19<sup>th</sup> ANNUAL TRADITIONAL POW WOW

August 16 & 17, 2014

Honouring Our Sacred Medicines—Kedoominaadendan Meshkike

**HOST DRUM:**  
**BLACK BULL**  
**CO-HOST DRUM:**  
**SHIDA AKI**  
**INVITED DRUM:**  
**YOUNG BHSINAL**  
First 3 registered drums  
(minimum 5 singers dedicated  
to 1 drum) will receive  
honorarium

**HEAD DANCERS:**  
**GERONIMO TOOTOOSIS &  
DEBBIE PLAIN-MCGREGOR**  
**HEAD ELDERS:**  
**MARY ELLIOT**  
**MASTER OF CEREMONY:**  
**GERARD SAGASSIGE &  
STEFANIE RECOLLET (CO-MC)**  
**ARENA DIRECTOR**  
**ROBERT STONEYPOINT**

**GRAND ENTRIES:** Saturday 1pm & 7pm; Sunday 1pm

**SUNRISE CEREMONIES:** August 14 - 17 @ 5am

**SWEAT LODGE CEREMONY:** August 14 @ 6pm

**REGISTRATION:** 11am - 2pm (daily)

**FIREWORKS**  
SATURDAY 9:30PM

**SPECIALS:**

1-man Hand drum Special  
"Honoring the Original Medicine Dance"—Jingle Dress Special  
"Honoring the Sweetgrass"—Grass Dance Special

Admission: A SMILE!



Contact information: 705-858-0610

Liz Esbkihok, Cultural Coordinator

**ROUGH CAMPING AVAILABLE!**  
**BRING YOUR LAWN CHAIRS**  
**EVERYONE IS WELCOME**

Craft vendors: \$50/day + gift

: WFN POW WOW

**ABSOLUTELY NO DRUGS, ALCOHOL, OR  
PETS.**

Authentic Native Crafts

[www.wahnapiataefirstnation.com](http://www.wahnapiataefirstnation.com)





**Wahnapitae First Nation is looking for volunteers to assist with the 19th Annual Traditional Pow Wow.**

**Get your high school volunteer hours out of the way in a fun way!**

**Volunteers are required:**

August 14th—Assist with Pow Wow preparations.

August 15th—Assist with Pow Wow preparations.

August 16th—Pow Wow

August 17th—Pow Wow

August 18th—Assist with clean up.

*This role may require some dexterity, long hours standing and lots of team work. Individuals, groups, friends and family can often participate together, help out and have fun.*

**VOLUNTEER OPPORTUNITY**

Help us take care of our **Fire Keepers** during our Annual Traditional Pow Wow.

**Please call Liz Eshkibok,  
Summer Cultural Coordinator  
if you wish to volunteer your time.**

**705-858-0610 ext. 209  
cultural@wahnapitaefn.com**



# Community Traditional Feast



This year at the 19th Annual Traditional Pow Wow, supper break will feature a Community Traditional Feast.

**Saturday, August 16th at 5:00pm**

Let's share our delicious home cooking with our  
Pow Wow family!

Please call the Centre of Excellence to let us know what your household can donate.

Liz Eshkibok, Summer Cultural Coordinator  
705-858-0610 ext. 209



# DibAAJIMOOWINAN

Gezhtoojig Employment & Training

## AUGUST WORKSHOPS

**Interview Skills.....** Thurs. Aug 07, 2014  
**Resume & Cover Letter.....** Thurs. Aug 14, 2014  
**Job Search.....** Thurs. Aug 21, 2014  
**Programs & Services.....** Thurs. Aug 28, 2014  
 (Second Career & Apprentice)

(workshops start at 10:00 a.m. to 12:00 p.m.)



***Enter to WIN... \$50.00***  
*(Wal-Mart Gift Certificate)*

*Beverage & Snacks available  
 for Participants*

**BE JOB READY...REGISTER TODAY!**

Contact: Melissa...705-524-6772  
 (mohandley@gezhtoojig.ca)

**WE ARE LOCATED NEXT TO...**  
 Hard Rock 42-Gastro Pub, Day's Inn  
 117 Elm St., Unit 102, Sudbury  
 Parking Available

**EMPLOYMENT  
 ONTARIO**  
Ontario's employment & training network

**Canada**



August 2014

Gezhtoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3  
 Tel: 705-524-6772 1-800-381-9258 Fax: 705-524-5152

[www.gezhtoojig.ca](http://www.gezhtoojig.ca)

# DibAAJIMOOWINAN

Gezhtoojig Employment & Training

## Line Crew Ground Support Training 15 Week Certificate Program

Under the Ontario Government Youth Skills Connections Program as part of the Ontario Youth Job Strategy, Gezhtoojig Employment and Training in partnership with the Infrastructure Health and Safety Association and Cambrian College are seeking Aboriginal youth participants for this 15 week job readiness program.

This program will prepare individuals for integration into employment opportunities in the Power Line and Construction sector. As new power grids and infra-structure projects are being developed across Canada, the need for skilled workers in these industries are increasing.

This program is designed to prepare the trainee for entry level opportunities with various power and construction companies seeking safety conscious ready to work employees.

### TRAINING MODULES...

- WHMIS
- Construction Health & Safety
- Traffic Control Temp. Work Zones
- Defensive Driving-Commercial
- Hoisting & Rigging-Basic Safety
- Mobile Crane Operator 0-8 Ton Anchors
- Elec. Safety-Hydrovac Operators
- Equipotential Grounding & Bonding
- Pole Line Construction ...  
1) Climbing 2) Framing 3) Theory 4) and Transformers
- Introduction to Electrical Theory
- Electrical Safety High Voltage
- Working at Heights-Fundamentals of Fall Prevention
- Propane in Construction
- Confined Space Hazard Awareness for construction
- Ladder Handling
- MSD Prevention Workshop-Trades
- Safe Pole Handling
- Hydraulic Aerial Equipment
- Rescue Practices
- Conductor Stringing Methods
- Chainsaw Operation and Maintenance

### Entrance Requirements:

- Must be 18 - 29 years old
- Grade 12 or equivalency
- Valid Driver's License

### Location:

**CAMBRIAN COLLEGE**  
Sudbury Campus

### START DATES:

- 1) Aug. 18, 2014
- 2) May 04, 2015
- 3) Aug. 17, 2015

### END DATES:

- Nov. 28, 2014
- Aug. 14, 2015
- Nov. 27, 2015

For more information or to apply contact:  
**Ron Sarazin** – Special Projects Coordinator  
Gezhtoojig Employment & Training  
705.524.6772 (rons@gezhtoojig.ca)

**FINANCIAL ASSISTANCE IS AVAILABLE**



Ready.Set.Work.



Gezhtoojig Employment & Training, 117 Elm St., Unit 102, Sudbury, ON P3C 1T3  
Tel: 705-524-6772 or 1-800-361-9256 Fax: 705-524-5152  
www.gezhtoojig.ca

# 2<sup>nd</sup> Annual North River Canoe Trip



Eight people set off on this year's 2<sup>nd</sup> Annual Canoe Trip on July 18<sup>th</sup>. The eight canoers were dropped off with their canoes and gear at the 43 Mile mark where they canoed across the river to their campsite. There was no canoeing done that day but many stories can be told from just that one night at our campsite.



The first day, the canoers got a nice and early start! Bill woke everyone up at 6:15am! They paddled back across the river, loaded everything into a truck and drove almost 1km to where their canoe journey began. On Saturday, the canoers covered a lot of river! They canoed 43.5km! The canoers didn't even have to set up their tents because during their very long journey, Wally and Beverly set the tents up for them! That night the canoers were treated to a gourmet meal! They feasted on home-made chilli, garlic bread, and some people even made chilli cheese dogs which were all delicious! After dinner Wally taught some of the youth how to make a frog spear to go frog hunting. After waiting for what seemed like forever, Wally brought Paul, Taylor, and Adam out on canoes to go frog hunting in the banks of the river. They each came back empty handed, but with great memories!



## 2<sup>nd</sup> Annual North River Canoe Trip

The next day was a late start. After a delicious blueberry pancake, and smoked ham breakfast the troupers set out again. The final day was an easy 14.5km compared to the 43.5km. There were no more rapids to worry about, but they were not sure how the lake was going to be once they got to the end of the river. They made some quick stops at three very nice beaches and had a bite to eat and a swim to cool off from the very hot sun. All of the canoers continued right on to Rocky's and made it there with no troubles.

The weekend of canoeing was amazing! There were clear blue skies and calm waters. Bill, again, accused the canoers of glamp'ing (Glamorized camping) despite the instruction to pack light!

-Taylor Nicholls  
Environmental Field Assistant



# Natures Helpful Plants



## SWEET FERN (*COMPTONIA PEREGRINA*)

Commonly found in the Wahnapiatae area, Sweet Fern is an effective natural bug repellent. It can be rubbed onto the skin or smoked/burned in a fire pit. When crushed and rubbed on your skin the strong scent will keep mosquitoes away. If around a fire, collect large amounts to put into the fire. The scent of burning sweet grass will keep the mosquitoes



## PLANTAIN (*PLANTAGO MAJOR*)

Also commonly found in the Wahnapiatae area; Plantain herbs (not the banana) work well for relieving the itch of a bug bite/sting. The leaf can be chewed in your mouth and applied to the affected area. It can also be made into a tea and poured into the ear for ear infections to ease the pain and shorten the duration of the ear infection.



## BALSAM FIR (*ABIES BALSAMEA*)

Balsam Fir, nature's Polysporin, is great for healing wounds and as an antiseptic. The blisters on the tree trunk contain a sap which is called "Pitch." The Pitch from the tree can be taken out after the blister is opened. It can be dabbed on wounds such as cuts, abrasions, burns, sores, and chapped areas. The Pitch will form a protective cover and aid the healing process as well as prevent the wound from getting infected.

# SUMMER FUN PAGE

## SUMMER FUN

SUMMER  
SUNSHINE  
SWIMMING  
TRAVEL  
VACATION

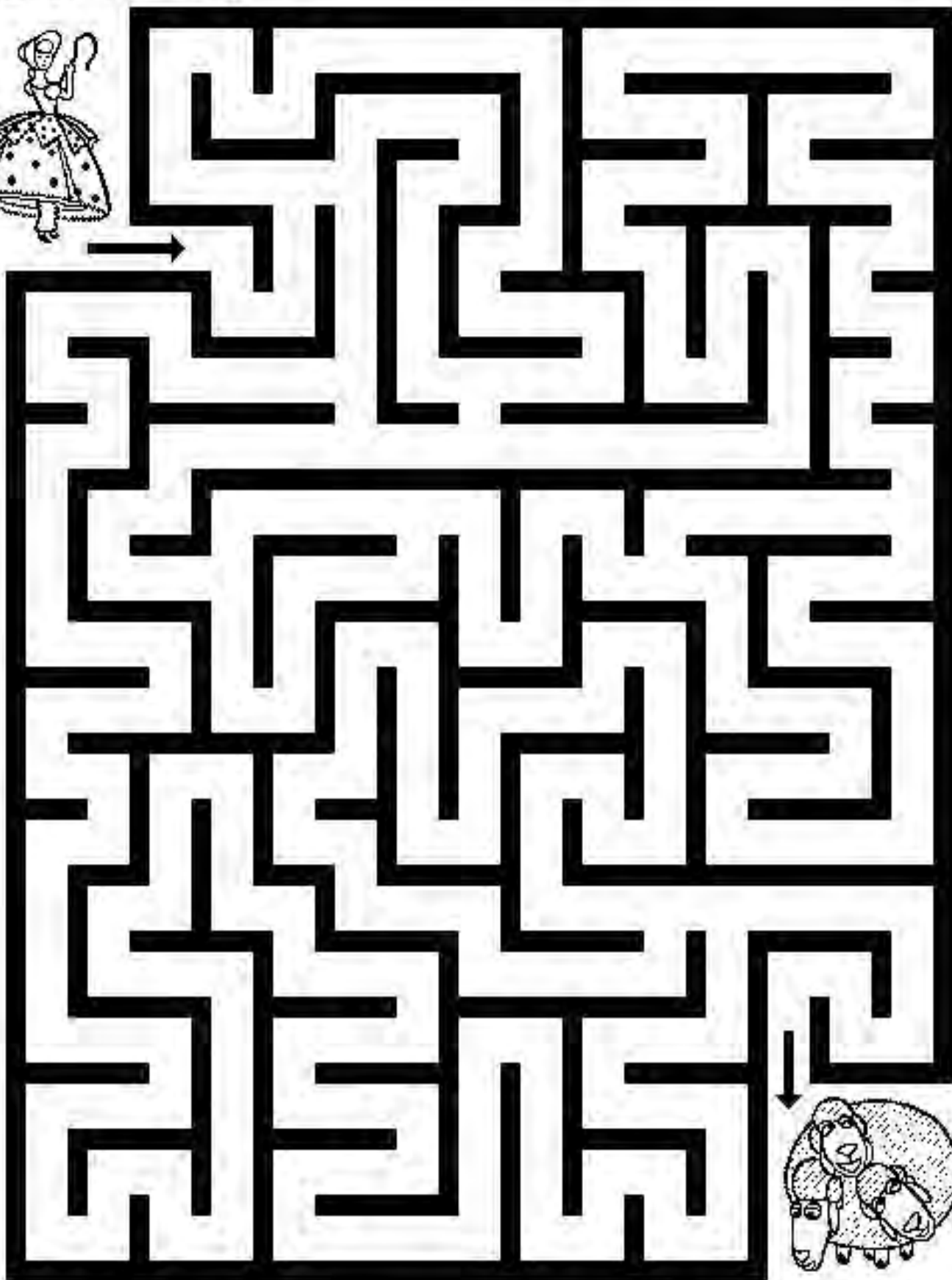
BEACH  
CAMPFIRE  
CAMPING  
FAMILY  
PICNIC



## WORD SEARCH

N	K	Z	F	L	T	C	P	L	D	W	L
O	L	W	I	E	R	I	F	P	M	A	C
I	E	S	H	D	U	B	I	J	X	G	G
T	V	M	U	K	J	K	E	C	H	N	I
A	A	F	G	N	Q	Q	P	A	I	A	L
C	R	W	A	E	S	P	D	M	C	P	D
A	T	Z	T	M	J	H	M	G	P	H	S
V	V	R	Y	C	I	I	I	J	D	R	U
X	N	G	J	Z	W	L	C	N	K	T	M
P	K	M	V	S	T	J	Y	L	E	R	M
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R	P	I	C	N	I	C	W	C	O	C	R

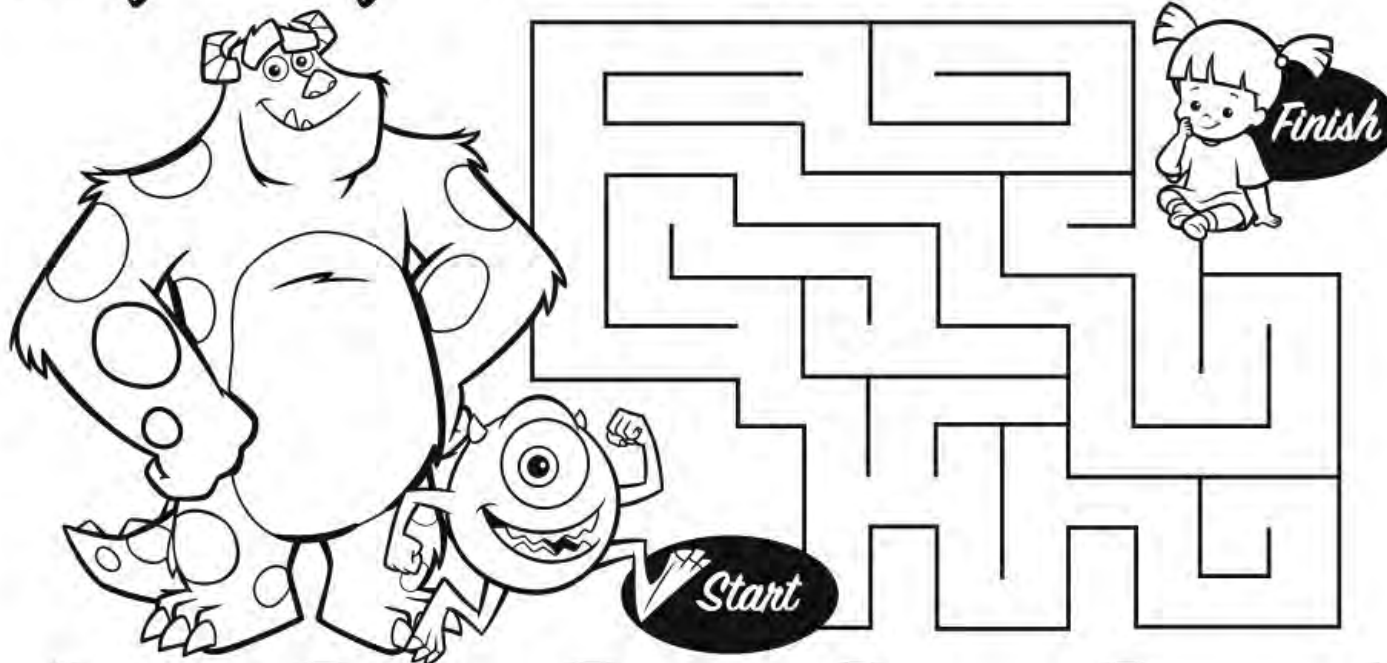
1 2 3 4 5 6 7



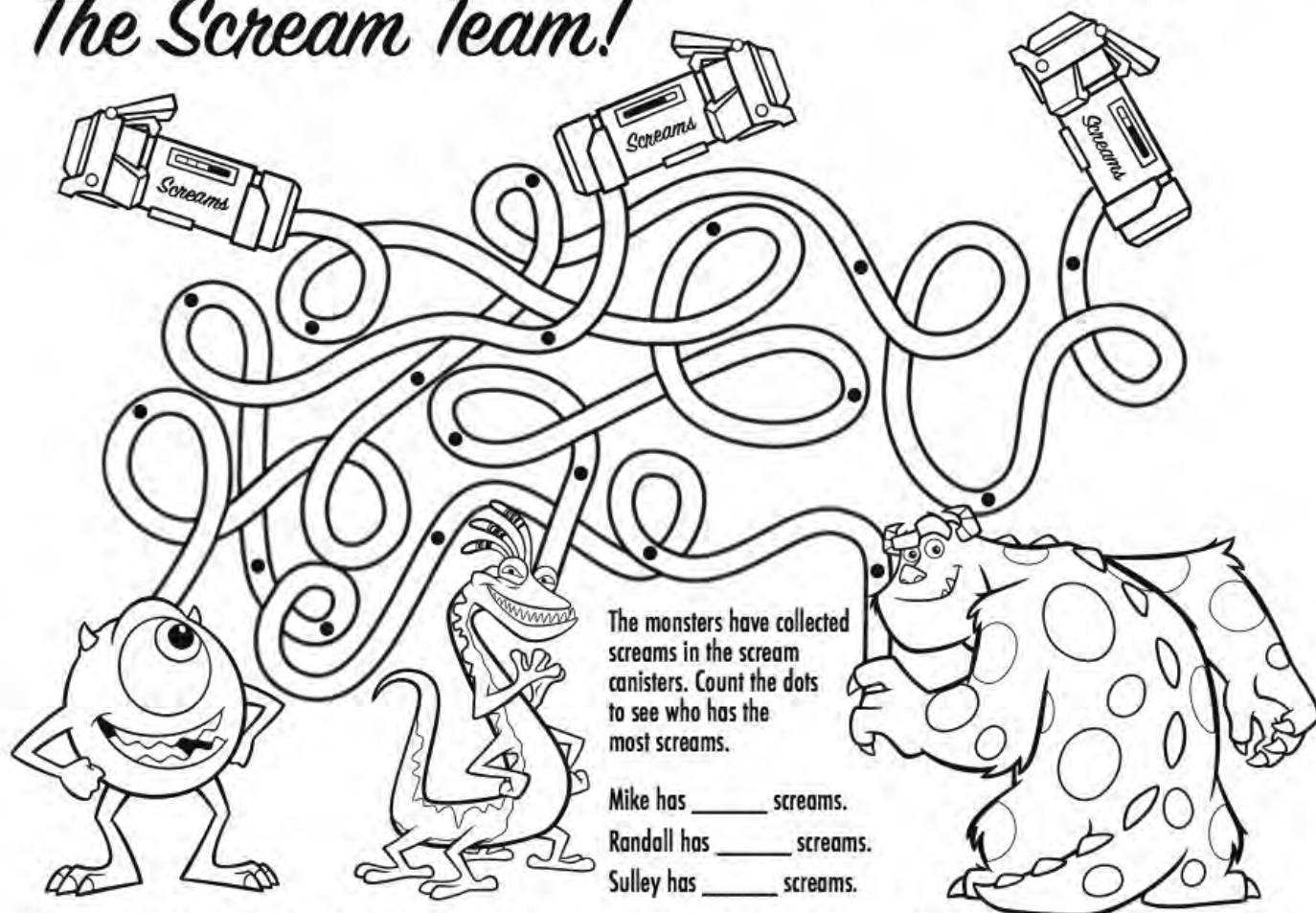


# Maze Craze with the Monsters!

Help Sulley and Mike find Boo.



## The Scream Team!





**Happy Birthday Canada**



**1st Prize in Adults Category**

**Larry McGregor**



**1st Prize in Teens Category**

**Cinnamon**



**1st Prize Groups/Duos Category**

**Cinnamon & Joey**



**3rd Prize in Adults Category**

**Shannon**



**2nd Prize in Adults Category**

**Debra**



**2nd Prize in Teens Category**

**Joey**



**Door Prize won by**

**Jason McGregor**



**Stars spotted on the Rez**

Miigwetch to the judges for volunteering their time; Juliette Scott, Joan Recollet, Louise, Roque, and Rita Johnson. And to Larry McGregor for volunteering his time and providing his technical expertise. Due to lack of attendance over the last 2 years we have decided not to continue with the Community Lip Sync Contests. Thank you to everyone who has taken part over the past 12 years. We have shared many tears (from laughter), from infants learning to roll over, to hoola hoops, magic tricks, karate techniques, vocals and comedy. Wahnapitae First Nation Rocks!

Wendy Tyson—Community Wellness Worker



**FYI**

Secure Certificate of Indian Status (SCIS) Information

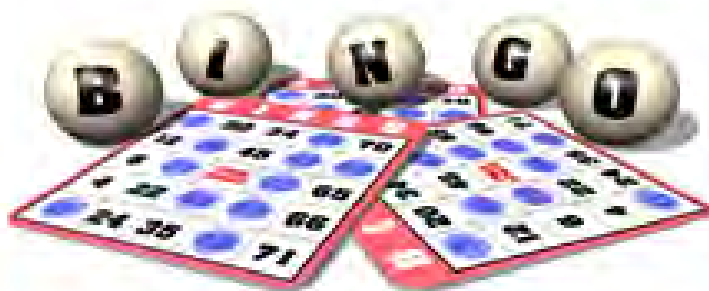
SCIS Enquiries: 416-973-7517

Status of SCIS Application: 1-800-567-9604

SCIS Lost/Stolen: 1-800-567-9604

All SCIS Applications and other forms are found at:

<http://www.aadnc-aandc.gc.ca/eng/1100100082776/1100100032782>



**NUTRITION BINGO**

**THURSDAY, AUGUST 7, 2014**

**AT THE MAANDOSH GAMIG HALL**

**BINGO STARTS AT 5:30 PM**

**12 REGULAR GAMES**

**3—\$25. GIFT CARD SPECIALS**

**1- \$100. GIFT CARD JACKPOT**

**Reminder:**

**Nutrition Bingo**

**Gift Certificates available  
for only \$10.**

**CONGREGATE DINING**

**Thursday August 28, 2014 20**

**12 pm—2 pm**

**AT THE MAANDOSH GAMIG HALL**

**Grain fed Lamb Chops**

**Mashed Potato**

**with Caramelized Onions**

**Creamed Asparagus**

**PLEASE CALL WENDY AT 755-548-0610**

**EXT 219 by TUESDAY, August 26, 2014**

**TO BOOK YOUR SPOT**

What do you see in the photo on the opposite page?

All comments will be entered into a draw to win a small prize

Please submit your comments to the attention of Peter Recollet and drop off at the Centre of Excellence or email to: [peter.recollet@wahnapitaefn.com](mailto:peter.recollet@wahnapitaefn.com)

Photo credit by: Margret Ann Dequire

If you have any pictures you would like to share of the Wahnapitae First Nation area, please drop them off to Peter Recollet







# Youth Bottle Drive



**Tuesday, August 8, 2014 1-4 pm.**

Please donate your beer & wine bottles/can empties. Proceeds toward to the WFN Summer End Trip. Have your bottles ready at your driveway or porch and we will be making our way around to pick them up.

\* You can also leave out with your recycling if you don't have too much, or call to arrange for a pick up.

*Thank you so much!!*

*Debbie Plain-McGregor, Child & Youth Worker*

*& Melanie Roque, Child & Youth Worker Assistant*



## **DON'T MISS OUT ON A TRIP OF A LIFE TIME**

This year we are planning an awesome Summer End Trip for the youth. The trip will be an overnight trip on August 21 & 22, 2014 filled with three adventures: Ripley's Aquarium, Medieval Times followed by a day at Canada's Wonderland.

Thanks to everyone for all the support so far.

Next fundraiser: YOUTH CANTEEN

Menu: INDIAN TACOS at NUTRITION BINGO on August 7th, 2014



# August 2014

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1	2
3	4	5 <i>Bottle Drive</i>	6 <i>Blueberry Community Picking 8am</i>	7 <i>Nutrition bingo</i>	8 <i>pizza Orders must be</i>	9 <i>Pow-Wow grounds opening</i>
10	11	12	13	14 <i>Sunrise</i>	15 <i>Sunrise Sweat lodge</i>	16 <i>Sunrise</i>
17 <i>Sunrise</i>	18	19 <i>Bingo</i>	20	21 <i>Tentative end of summer trip -&gt;</i>	22 <i>-&gt; -&gt;</i>	23
24	25	26	27	28	29	30
31						